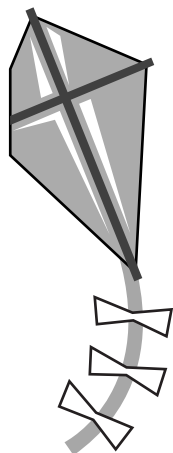


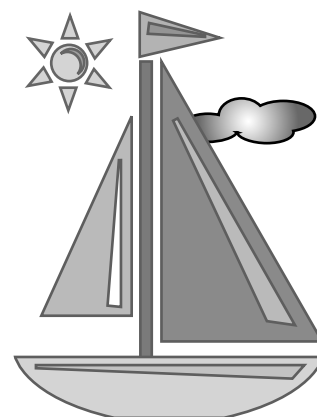


THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

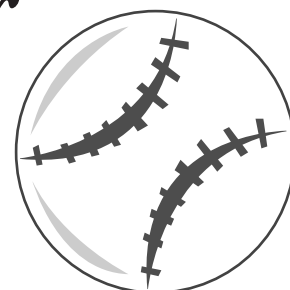
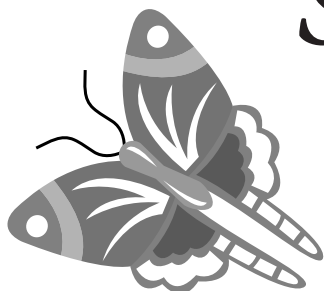


Paradise Hills Recreation Center

6610 Potomac Street
San Diego, CA 92139
Phone: (619) 527-3419
Fax: (619) 527-7654
www.sandiego.gov



Spring & Summer 2006 Program



Effective through September 2006

Paradise Hills Recreation Center Staff

| | |
|-----------------|---------------------------|
| Mack Shelby | Area Manager |
| Michele Garcia | Center Director |
| Roseann Wells | Assistant Center Director |
| Erika Meza | Recreation Leader |
| Jose Plascencia | Recreation Leader |
| Julie Sanchez | Recreation Leader |
| Mike Blancet | Grounds Maintenance |
| Hector Soto | Grounds Maintenance |

Hours Of Operation

| | |
|-------------------|--------------------|
| Monday - Thursday | 12:00 pm - 7:45 pm |
| Friday | 11:30 am - 7:15 pm |
| Saturday | 9:00 am - 4:45 pm |
| Sunday | Closed |

Gymnasium Open Play

Contact the center for a seasonal schedule.

Programs and fees are subject to change without prior notice.

YOUTH CO-ED SOCCER LEAGUE

Learn the skills of soccer; improve your athletic abilities, team work and good sportsmanship. Registration is limited and on a first come first serve basis. Contact the center for further details. The league will have five recreation centers participating (Paradise Hills, Penn, Martin L. King, Encanto and Skyline)

Season: April - June, 2006

Day/Time: T.B.A.

Cost: \$35.00 (Includes jersey, trophy and banquet)

Ages: 8 - 12 years

YOUTH CO-ED BASEBALL

Learn the fundamentals of baseball playing America's favorite past time all summer long. Registration is limited and on a first come first serve basis. Uniforms and equipment will be provided by the STAR/PAL organization. Practice will be held at Penn Athletic Field and Bay Terrace Community Park.

Season: July - September, 2006

Game Day: Saturday

Cost: T.B.A. (Includes trophy and banquet)

Ages: 8 - 12 years

BALLET FOLKLORICO

This program is offered to all interested in learning basic steps, proper techniques and the history of the dance art.

Days: Wednesday

Time: 6:00 pm - 7:45 pm

Days: Saturday

Time: 9:00 am - 12:00 pm

Ages: 5 - 16 years

Cost: \$20.00/month



FRIDAY TAP & JAZZ

Spring session: June - September 2006

Fall Session: September 2006 - January 2007

Registration at first class meeting.

For more information call (619) 525-8258.

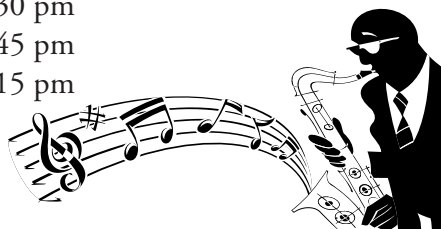
Cost: \$35.00/session

Tap Dance 4:00 pm

5:30 pm

Jazz Dance 4:45 pm

6:15 pm



AYSO

For more information, call Paradise Hills AYSO Region
581 Commission at: (619) 470-2255

Time: 5:00 pm - 8:00 pm

YOUTH CO-ED FLAG FOOTBALL

Participation in this program will offer youth the opportunity to make new friends, learn the fundamentals of flag football, good sportsmanship and most of all have fun! The league will have five recreation centers participating (Paradise Hills, Penn, Martin L. King, Encanto and Skyline)

Season: September - December, 2006

Day/Time: T.B.A.

Cost: \$35.00 (Includes jersey, trophy and banquet)

Ages: 8 - 12 years

ADULT PROGRAMS

CERAMIC GUILD

Ceramic Guild is for adults who have prior experience. Participants must provide their own tools and paint. Recreation Center will provide molds.

Days: Wednesday

Time: 11:00 am - 2:00 pm

Dues: \$5.00/month

President: Dolores Hawkins



FOOD BANK

Paradise Hills Recreation Center is a food distribution site for the commodities in the Federal Distribution Program. Commodities will be distributed the second Friday of each month, beginning at 8:00 am. For further information, call (619) 946-1045.

SENIOR BROWN BAG PROGRAM

The Senior Brown Bag Program is for low-income seniors residing in the Paradise Hills community. Receive a bag of groceries each month. Distribution is held on the first Monday of each month at 11:00 am. For more information, call (619) 523-8811 ext. 12.



PARADISE HILLS YOUTH PROGRAMS

TINY TOTS

The program has a curriculum similar to preschool
Registration is limited.

Days: Tuesday, Wednesday, Thursday

Time: 11:00 am - 1:30 pm

Ages: 3 - 5 years (Must be fully potty trained)

Cost: \$80.00/month

*This program is not a licensed child care program, but an unlicensed "Public Recreation Program" meeting Department of Social Services Community Care License Exemption Criteria.



COMPUTER TIME HOMEWORK CENTER

Sign up and use one of 4 computers at the recreation center. Explore the internet or use the computer to type/print your homework. Sign up in the office to reserve your computer time.

Days: Monday - Thursday

Time: 3:00 pm - 4:00 pm

Ages: 8 years and up

Cost: Free



KARATE DO

A martial art class for all people! Experience discipline, self confidence and personal growth.

Days: Tuesday & Thursday

Time: 5:30 pm - 7:00 pm

Ages: 4 years and up

Cost: \$25.00/month



YOUTH CERAMICS/POTTERY

The class is structured for beginners and intermediates. Each participant will make 2 projects a month. They will learn the technique to create, clean, paint and glaze their own projects.

Day: Monday

Time: 4:00 pm - 5:00 pm

Ages: 6 and up

Cost: \$5.00/month



AMERICA'S YOUTH OUTREACH

For further information, please call America's Youth Outreach at (619) 282-3066.

Cost: \$7.00/class plus a one time

\$5.00 registration fee each semester.

Ages: 5 years and up

Youth Self-Defense Karate & Safety Awareness

This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration and coordination.

Many times improving their social interaction.

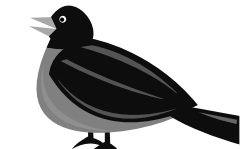
Day: Wednesday

White Belts

Yellow Belts (5 - 8)

Yellow Belts (9 - 12)

Purple Belts & Above (12 & up)



4:45 pm - 5:25 pm

5:30 pm - 6:10 pm

6:16 pm - 6:55 pm

7:00 pm - 7:40 pm

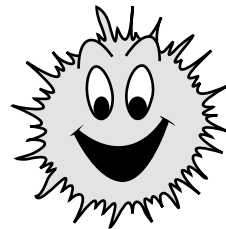
Youth Cheerleading For Everyone

Learn the latest dance and competition routines while improving self-esteem, discipline, coordination and physical fitness.

Day: Monday

Time: 5:30 pm - 6:10 pm

Ages: 5 years and up



BELLY DANCE CLASS

An introduction to belly dancing. Teaching the basics of the dance with finger cymbals and veils. Easy to learn hip, torso, arm and leg movements along with exciting shimmies.

Day: Thursdays

Time: 5:30 pm - 6:15 pm

Ages: 6 - 12 years

Cost: \$20/month



General Information

Class Registration

Class registration begins the last week of the month and runs through the first week of the following month. Class registration is on a monthly basis. All classes offered are subject to cancellation without prior notice. All costs are due and payable to Paradise Hills Recreation Council. A percentage of the cost is the City of San Diego surcharge. All costs are subject to change without prior notice.

Facility Description

Our center has a full-size gymnasium, meeting room, multi-purpose room, kitchen, arts & crafts room, outdoor courts, picnic area, outdoor grills, sports equipment and just about anything else to make your visit to Paradise Hills Recreation Center an enjoyable experience.

Recreation Center Rentals

If you wish to utilize the center as a regular meeting place for your group or desire to have a private rental, please inquire with the staff.

Equipment Check-out

Sport Equipment and board games may be checked-out with a recreation card or a valid identification card. Recreation cards may be obtained at the office.

Recycle for Recreation

Help us raise money for youth activities by recycling your newspaper, aluminum cans and plastic soda bottles. Bring these recyclables to the bin located at Penn Athletic Field • 2550 Dusk Drive • San Diego, CA 92139 • (619) 527-3458.

Donations

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.

Volunteers Needed!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.

Recreation Council

A body of concerned citizens volunteer their time to advise our staff on center program policies. The Paradise Hills/Penn Field Recreation Council meets on the first Thursday of each month at 6:00 pm at the Paradise Hills Recreation Center. Groups and clubs using the center are encouraged to send a representative to the meeting. Meetings are open to the public and we welcome your participation. If you have any questions, please call (619) 527-3419.

Paradise Hills/Skyline Planning Committee

Meetings are held on the second Tuesday of the month at 6:30 pm at the Paradise Hills Recreation Center. Anyone is welcome to attend the monthly meeting.

Paradise Hills Recreation Facilities

There are five recreation facilities that are managed by the City of San Diego Park and Recreation Department's division. For rental information, please contact the Paradise Hills Recreation Center at (619) 527-3419.

Bay Terrace Community Park

7449 Tooma Street

12.09 Acres. Park amenities include two multi-purpose turf fields, park courses, two play areas, picnic shelters, barbecues, one comfort station with walkways throughout the park.

Boone Neighborhood Park

7284 Bullock Drive

4.69 Acres. Amenities include passive turf area, one multi-use court, two play areas, picnic areas with walkways throughout the park.

Parkside Neighborhood Park

6240 Parkside Avenue

5.5 Acres. Park amenities include passive turf area, one multi-use court, two play areas, picnic areas, barbecues with walkways throughout the park. For rental information, contact Penn Athletic Field at (619) 527-3458.

Penn Athletic Field

2550 Dusk Drive • San Diego, CA 92139

11.04 Acres. Park amenities include one lighted softball field, one baseball field, two multi-purpose turf fields, one play area picnic area and a recreation center building with multi-purpose room, kitchen and restrooms. For rental information, contact Penn Athletic Field at (619) 527-3458.